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Prison time for baby slapper

U.S. man on flight to take his son off life support also handed a $2,500 fine for assault PAGE 5

A makeshift memorial is seen on Monday outside a residence on Avenue R South in Saskatoon, where five-year-old Jonathan Vetter, inset with suspect Kellie Johnson, was found dead on Saturday. Police have laid a first-degree murder charge against Johnson, who appeared in court on Monday. MORGAN MODJESKI/METRO; INSET: FACEBOOK

5-year-old homicide victim ID'd

Crime. Local woman accused of first-degree murder in death of Jonathan Vetter

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Saskatoon police released the name of a five-year-old homicide victim on the day that his alleged killer appeared in court.

Jonathan Vetter is the boy who was found dead in a house on the 400 block of Avenue R South on Saturday morning, after police received a 911 call about an injured child at about 5:30 a.m.

Kellie Johnson, 35, has been charged with first-degree murder in the case. Police have not disclosed the nature of her relationship to the boy or specified his injuries.

Some local media are reporting the accused is the victim's mother, but Metro was unable to confirm this with police.

"We're talking about the homicide of a five-year-old child, so for us, the priority was interviewing as many people as we could, gaining as much information as we could as quickly as we could, in order to lay a charge," Alyson Edwards, director of public affairs with the Saskatoon Police Service, said on Monday.

"It's not about feeling good about how well it went — this is an absolute tragedy."

Asked why Johnson was charged with first-degree murder — indicating an alleged premeditated act — and not second-degree murder, Edwards said investigators "felt they had the information and evidence they needed."

Johnson made a brief appearance in Saskatoon provincial court on Monday and is scheduled to be back in court on Tuesday at 10:30 a.m.

Edwards added, "We want to now see what happens as this case moves through the courts, and hopefully this family can get past this tragedy and heal through that process."

She noted that the family will have access to support through a victim-services unit, as officers on the case will.

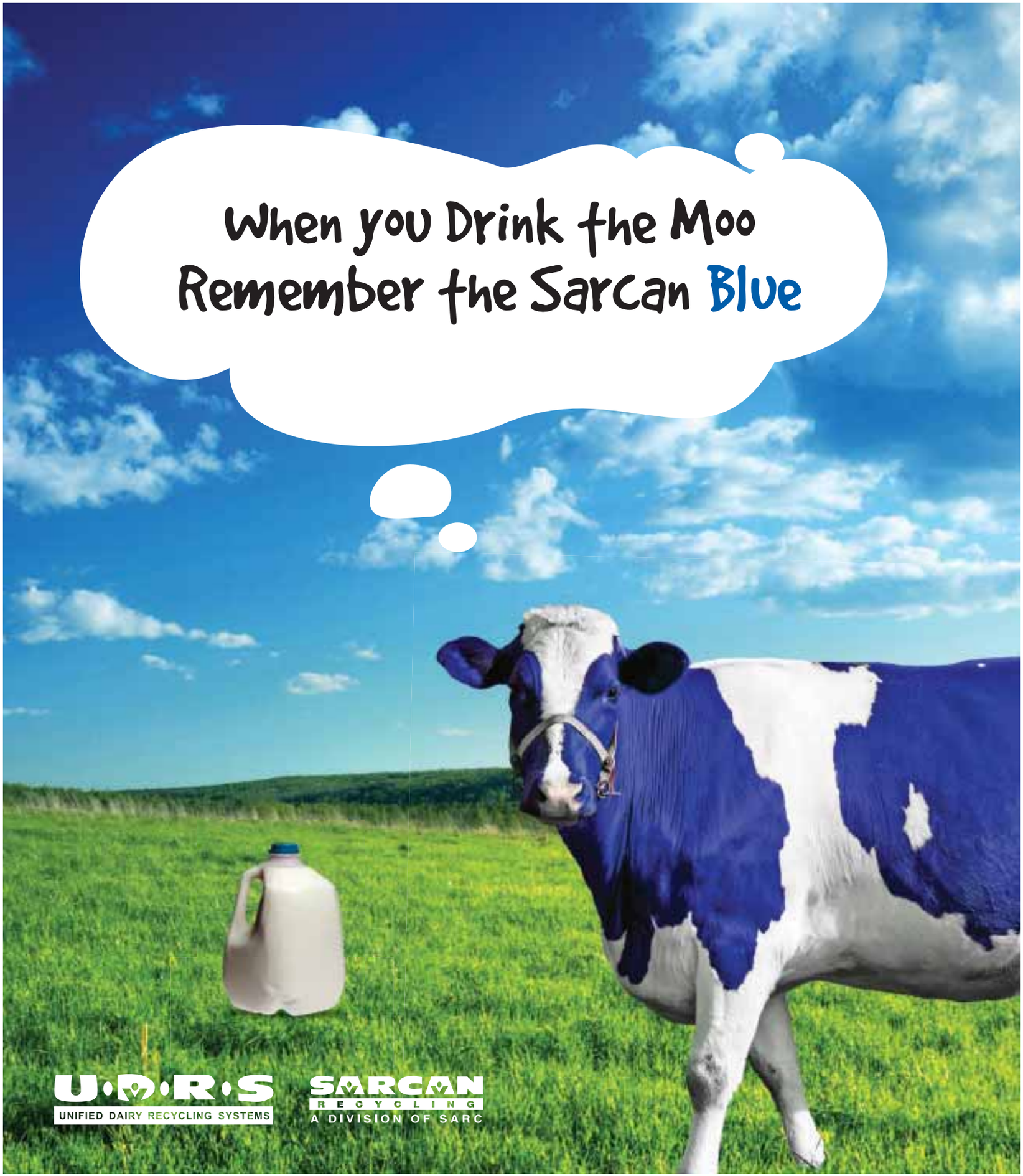
"Because of the nature of this offence and the age of the victim," she said, "we do want to provide critical incident stress de-briefings to our people — our first responders — and that's in the process of being offered now."

There's no escaping the weather

From a deep freeze in Saskatoon to freezing rain in Ottawa, Canadians grapple with winter woes from coast to coast PAGE 4

Fighting fear with terror... I'm scared

Billy Campbell, the star of the new sci-fi series Helix, describes the show as 'intense, but still an escape' PAGE 9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Jack Frost 'wreaks havoc' on city services, airport

Brrr. Old Man Winter made life difficult as it dipped to -49, with wind chill, Monday

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A cold snap sweeping across the Prairies is posing problems for the City of Saskatoon.

With wind chills as low as -49 on Monday morning, Pat Hyde, director of public works with the city, said the cold weather has had an impact on some of the city's larger mechanical equipment.

"It wreaks a little bit of havoc on our hydraulics," Hyde said. "That causes problems, which creates more than normal in terms of breakdown process, so we have more vehicles in for repair as a result."

One of the city services affected by the cold was Monday's garbage collection in Arbor Creek, Forest Grove, Parkridge and Silverspring, which was delayed until around 11 a.m.

However, despite the delay, Hyde said collection would likely be caught up by Monday afternoon.

"It's similar to what's happened over the last couple of winters, (when) garbage collection has either been delayed or postponed as a result of the cold weather," said Hyde.

"We've found that it creates a higher frequency of breakdowns, which does translate into more time loss in terms of our equipment not being able to be on the road."

Hyde said the cold weather has also taken its toll on the city's snow graters and sanders, but said city mechanics have been working extra hours to deal with the high rate of repairs.

Cold weather has also presented some challenges at the John G. Diefenbaker International Airport, as some equipment used on the ground is exposed to the elements for long periods of time.

"Anytime you end up with these severe wind chills ... you end up with things freezing up that you haven't expected to freeze up before, or haven't noticed freeze up before," said manager of facilities with the Saskatoon Airport Authority, Andrew Leeming.

While the majority of the challenges at the airport are mechanical, Leeming said they have yet to cancel or delay a flight because of mechanical failures resulting from the cold.

"It's been pretty quiet, but I'm knocking on wood as I say that."

Gordon Cherwoniak, 42, commutes home from work across the Broadway Bridge on Monday. Cherwoniak resembled most residents in Saskatoon as a cold snap continues to sweep across the Prairie provinces. MORGAN MODJESKI/METRO

Flu shot demand surges amid H1N1 scare

With the H1N1 virus spreading across the province, more Saskatchewanians have lined up at clinics to get flu shots compared to previous years.

"We've had an increase in our numbers and we're certainly up from last year," Saskatoon Health Region spokeswoman Linda Walker told Metro on Monday.

By Monday evening, 55,684 people in that district had been vaccinated against influenza since Oct. 22 — an almost 50 per cent increase from the same time last year.

The hike has prompted the health region to set up an additional mass drop-in clinic on Saturday at Saskatoon's West Winds Primary Health Centre.

In Prince Albert, on the other hand, a surge in vaccine demand temporarily depleted the supply for the Prince Albert Parkland Health Region. While working with the Ministry of Health to order more, the region tentatively scheduled more drop-in shot clinics for Tuesday and Friday.

Drop-in clinics in Regina started on Monday but according to Regina Qu'Appelle Health Region (RQHR) spokesman Bill Carney, public interest concerning the dangerous H1N1 strain and the shots have been rising.

"We've seen more calls than we normally do," Carney said.

Greg Dukart, 57, was one of the patients immunized at the RQHR drop-in flu clinic. He didn't get an influenza shot last year, and wanted to make sure he is vaccinated this winter.

"I thought it was good to go this year, with all the news and discussion about the flu," Dukart said. "My wife was here too. We're just trying to be cautious."

At least three people — including two children under the age of five — died in December in Saskatchewan after contracting the H1N1 flu. All had underlying health conditions, so officials say they can't determine that the flu was the main cause of their deaths.

By Dec. 28, there had been 161 confirmed cases of influenza in Saskatchewan this season.

SARAH TAGUIAM/METRO IN REGINA

Eight charges laid

Weapons, drugs seized at North Portal crossing

Authorities say a U.S. man faces eight charges following a seizure of weapons and drugs at the border in Saskatchewan.

The Canada Border Services Agency says an AR-15 assault rifle, a handgun, other prohibited weapons and drugs were seized at the North Portal crossing on Dec. 31. Derrick Alonzo Cash Jr., 25, of Miami, Fla., was to appear in court in Regina Monday. THE CANADIAN PRESS

Deep freeze

No gluten-free diet here, cows gorge on grain to stay warm

People might be heading to the gym to work off holiday treats, but cattle are still looking to bulk up as a deep freeze settles over much of the Prairies.

Agriculture experts and ranchers know that when the temperature dips below -20 C, cows need to eat even more so that they can create extra energy to stay warm.

Murray Feist with Saskatchewan Agriculture says the general rule of thumb is to feed an additional 450 grams of grain for every five degrees below -20 C.

Temperatures in much of Saskatchewan and Manitoba have dipped to near or below -30 C and wind chills are at -40 C to -45 C.

THE CANADIAN PRESS

How's the weather up here?

In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

Edmonton

After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.

Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.

Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.

Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.

Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.

Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.

Regina

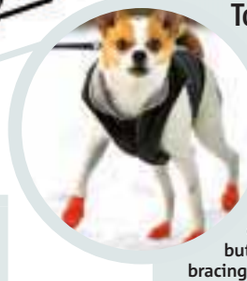
Bundled-up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill. The leak prompted an emergency water shutdown along Dewdney Avenue, one of the city's busiest streets.

Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000 per cent from the previous December.

London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.



Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.

METRO/TORSTAR NEWS SERVICE/THE CANADIAN PRESS

Newfoundland outages continue for 4th day

Crews in Newfoundland made progress Monday on restoring energy for thousands of people as the island entered its fourth day of power outages that were triggered by a combination of cold weather, a fire at a terminal station and a power plant that went offline.

Schools throughout the island have been shut down until Wednesday as a result of the power shortages. Warming centres have also been set up for people without power.

Newfoundland Power president Earl Ludlow said crews have made strides in restoring power after residents and businesses were told a day earlier to conserve energy.

"I know it's frustrating; I know it's difficult," Ludlow told a news conference. "But I will also say that the plea for conservation did show up very quickly."

Premier Kathy Dunderdale said the situation was improving, but people should still be conserving power.

"We're coming out the other end but we need to be careful about what we're doing for the next few days and few weeks and the more that people can contribute to that effort, the better off we'll all be."

Quoted

"It's a critical time here in the province and we're not out of the woods yet."

Newfoundland and Labrador Premier Kathy Dunderdale

The power interruptions began Thursday evening when planned outages were implemented as utilities struggled to keep up with increased demand because of bitterly cold temperatures that gripped the island.

On Saturday, a fire broke out at the Sunnyside terminal station, triggering more outages as a blizzard slammed the island. At the peak of the outages Saturday morning, about 190,000 customers were without power.

THE CANADIAN PRESS

Linemen replace blown transformers as they attempt to return power to residential customers in St. John's, N.L., Monday. PAUL DALY/THE CANADIAN PRESS

Baby slapper to serve time

Guilty plea. Joe Rickey Hundley was on a flight to take his son off life support after an insulin overdose put him in a coma

A federal judge on Monday sentenced a man who pleaded guilty to slapping a crying toddler on an Atlanta-bound flight to serve eight months in federal prison.

Joe Rickey Hundley was accused of using a racial slur to refer to the 19-month-old boy, who's black, and hitting him under the eye as the flight from Minneapolis descended to the Atlanta airport last February. He pleaded guilty in October to simple assault after reaching a plea agreement with prosecutors.

Prosecutors had recommended a sentence of six months in prison, and Hundley reserved his right to argue for a lower sentence. U.S. Magistrate Judge Alan Baverman said he imposed a higher sentence in part because of Hundley's criminal history, which includes a prior assault.

Hundley's lawyer, Marcia Shein, objected to the deviation from the recommendation in the plea agreement and said after the hearing that she believes the sentence is disproportionate.

Before he was sentenced, Hundley told the judge he took full responsibility for his actions and turned to apologize in person to Jessica Bennett, the toddler's mother, who was in the courtroom.

In addition to the prison sentence, Baverman ordered Hundley to pay Bennett restitution of $105 US and to pay a fine of $2,500 US to the government. Baverman also ordered Hundley to serve a year of supervised release, undergo alcohol-abuse treatment and anger-management counselling, and perform 120 hours of community service, preferably in a homeless shelter.

THE ASSOCIATED PRESS

No excuse

"You cannot assault another individual, regardless of how sad or upset, or even how intoxicated or sick, you are."

U.S. Magistrate Judge Alan Baverman

Alcohol issues

Hundley trying to recover, lawyer says

Joe Rickey Hundley's only son was in a coma in Atlanta after an insulin overdose that was the result of a suspected suicide attempt, his lawyer, Marcia Shein, has said. Hundley had spent the prior day talking to his ex-wife and doctors after his son was declared brain dead, Shein said, and he booked a last-minute flight to Atlanta so he and his ex-wife could take their son off life support.

The toddler's mother, Jessica Bennett, has said Hundley became increasingly obnoxious and appeared intoxicated during the flight.

Hundley has been attending Alcoholics Anonymous meetings every day since March, is undergoing 15 hours of counselling a week and has been helping others deal with alcohol problems, Shein said. THE ASSOCIATED PRESS

Quest for symbol of health

A boy holds a cross as believers sing and dance in the icy waters of the river Tundzha to celebrate Epiphany Day in the town of Kalofer, Bulgaria, on Monday. Traditionally, an Eastern Orthodox priest throws a cross in the river and it is believed that the one who retrieves it will be healthy through the year. VALENTINA PETROVA/THE ASSOCIATED PRESS

PTSD

Mountie in medicinal pot dispute fit for trial

A New Brunswick Mountie who attracted national attention for complaining that he wasn't allowed to smoke medicinal marijuana for his post-traumatic stress disorder while in uniform has been deemed fit to stand trial on charges of assaulting two RCMP officers, the Crown and defence said Monday. Cpl. Ron Francis, who faces two counts of assaulting police and one count of resisting arrest, was released from custody after he underwent a 30-day psychiatric assessment.

Francis was ordered to follow conditions including that he refrain from alcohol and non-prescription drugs, report to a local mental-health clinic and not possess firearms. He smiled and waved to family and friends as he appeared in Fredericton provincial court but did not speak to reporters when he left the courthouse.

THE ASSOCIATED PRESS

'Kai the Hitchhiker.' Internet celebrity pleads not guilty to murder

A man who gained Internet fame as "Kai the Hatchet-Wielding Hitchhiker" has pleaded not guilty to murder charges in the beating death of an elderly New Jersey man last year.

The Star-Ledger reports 24-year-old Caleb McGillivary remained silent Monday while his public defender entered the plea in court in Elizabeth.

McGillivary is accused of killing 73-year-old lawyer Joseph Galfy, whose body was found May 13 in his Clark home. McGillivary was arrested in Philadelphia days later and could face a life sentence if he's convicted.

Authorities say the two met in New York City and McGillivary stayed at Galfy's home.

The Canadian gained some online fame after intervening in a 2012 assault on a California utility worker in which he described using a hatchet to fend off a further attack.

THE ASSOCIATED PRESS

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One new way to catch a thief? Try social media

Theft of the Silver Plated Bowl. Alleged light-fingered dude could be in for humiliation via the Internet. Countdown!

DAVID INGRAM
For Metro in London, Ont.

Mike Manuel, owner of the London Music Hall in London, Ont., has taken to social media in hopes of recovering property he says was stolen during a party to ring in the new year.

A Jan. 3 post on the venue's Facebook page lays it all out: Return the item by 6 p.m. next Friday (Jan. 10) or "images" of those responsible will be displayed "using multiple media platforms," the post says.

The Music Hall has even created a faux Facebook event called "Catching the NYE Thief." It's set to start at the Friday deadline.

According to Manuel, at 12:53 a.m. during the New Year's Eve Penthouse Party, a silver-plated bowl valued at $300 went missing.

After whispering back and forth, one person distracted a bartender while another, looking to be in his early 20s, slipped out with the item through an emergency exit, Manuel told Metro.

"It was planned. It wasn't spontaneous," he said Monday. "They talked about it for about 10 minutes."

Manuel said he knows how it all went down because everything, and the faces of those believed to be responsible, can clearly be seen on footage taken from the 64 cameras inside the hall.

On Monday, a photo of one of the people alleged to have been involved — shown from the neck down standing next to the bowl in question — was posted on Facebook.

"We feel we should give (the alleged thief) a chance. We don't want to ruin the guy's career."

Hold on! Maybe not...

London Music Hall owner Mike Manuel shouldn't be negotiating or, worse, threatening a suspect with public shaming, said London Police Const. Ken Steeves. There's a thin legal line of extortion involved when telling someone they must do something or face the consequences via a public shaming, Steeves told Metro. If Manuel is a victim of crime, he should contact police, Steeves said.
SCOTT TAYLOR/ METRO IN LONDON, ONT.

The London Music Hall published this post Monday on Facebook. The bottom left image shows one of the people alleged to be responsible for a theft during a New Year's Eve party, the club's owner says. It also shows the serving bowl the club owner says was stolen. FACEBOOK

Balancing act. Woman protesting marijuana 'ban' in Alberta hospitals

Medical marijuana user Lisa Kirkman says she used to regularly consume vaporized cannabis while in Alberta hospitals, but a sudden change in policy and grinding bureaucracy have now made it effectively impossible for her to access medical care.

"I want to be able to receive medical treatment like every other Albertan, like every other Canadian," she said Monday.

Kirkman said a Nov. 4 Alberta Health Services (AHS) memo, which she described as a well-intentioned attempt to codify a previously ad hoc policy on vaporizer use, ended up resulting in vaporizers being effectively banned in the interim. "In the meantime, we should go back to the status quo," she said. "I need care now. I needed care two months ago."

Kirkman said she needs marijuana to control a host of medical conditions, typically vaporizing every 15 to 20 minutes.

Currently, AHS "is looking at developing a process" for in-hospital marijuana use, according to spokesman Don Stewart. "This is about the balance between patient need and the health and safety of other patients, staff and visitors."

Kirkman plans to stage a "vape out" at a Calgary hospital Wednesday.

ROBSON FLETCHER/METRO IN CALGARY

Lisa Kirkman uses a vaporizer at her home. ROBSON FLETCHER/METRO IN CALGARY

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Spending to slim down despite rabid appetite for gadgets: Analysts

$1.06 trillion on tech. Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to $1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of $1.07 trillion US estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget show on Sunday.

Appetite for smartphones, such as the iPhone 5C, remains strong. JUSTIN SULLIVAN/GETTY IMAGES

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from $444 US in 2010 to an estimated $297 US this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS

'It wouldn't be B.C. without it'

A protester rushes the stage as Prime Minister Stephen Harper speaks at the Vancouver Board of Trade in downtown Vancouver Monday. Two protesters evaded security to protest climate change. Harper quipped, "It wouldn't be B.C. without it," to applause and laughter from the crowd. THE CANADIAN PRESS

New study

Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

Market Minute

DOLLAR 93.88¢ (-0.11¢)

TSX 13,495.54 (-53.32)

OIL $93.43 US (-$0.53)

GOLD $1,238 US (-$0.60)

Natural gas: $4.30 US (-$0.01)
Dow Jones: 16,425.10 (-44.89)

U.K. barristers stage first national walkout

Hundreds of British lawyers — many dressed in traditional white curled wigs and black gowns — swapped courtrooms for picket lines Monday to protest planned cuts to legal aid.

Cases were disrupted at courts including London's famous Old Bailey criminal court as barristers in England and Wales staged their first national walkout. Only one of 18 courts at the Old Bailey managed to hold a sitting during the half-day strike.

The British government, which has slashed billions from public spending in the name of deficit reduction, plans to cut lawyers' fees to reduce the legal aid budget by 220 million pounds ($384 million) a year through 2019.

The government says Britain's legal-aid system, which costs about 2 billion pounds a year, is among the world's most expensive. It insists barristers are well paid — with 1,200 receiving 100,000 pounds or more in income from legal aid fees last year — and says their fees will remain "generous."

THE ASSOCIATED PRESS

Alice Jarratt takes part in a protest during a demonstration against cuts to legal aid funding in London on Monday. ALASTAIR GRANT/THE ASSOCIATED PRESS

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MARS ONE IS LOOKING PRETTY GOOD NOW

SHE SAYS

Jessica Napier
metronews.ca

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment, one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather and rightly so — there is just so much conversation material out there in the atmosphere. Phrases like "polar vortex," "frost quake" and "Nor'easter" have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase "It's going up to a balmy -12 tomorrow," without a hint of sarcasm.

But sometimes even the hardiest Canucks in their puffiest, goose-down jackets are no match for mother nature's wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don't seem feasible. Where's the appeal in an evening at the skating rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year's resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I'll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren't a thing.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hey, mom! Look what I can do

CHARLES DHARAPAK/THE ASSOCIATED PRESS

Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the zoo's female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she's working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

The zoo's point of view

- The zoo won't make Bao Bao or her mother do anything they don't want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

Newborn dreams

"She doesn't even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now."

Brandie Smith, panda curator
National Zoo in Washington

Clickbait

LUKE SIMCOE
Metro Online

COURTESY TIKKER

The start of a new year is a time for reflection. It's also a reminder that we're all another year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

Death Clock:
This site's tag line is "predicting the demise of others since 2006." Just fill in a few details about your age, place of residence and diet and you'll get a handy prediction you can take to your financial planner. (death-clock.org)

Death Timer:
As a bonus, this site will create an image of a tombstone with your name on it. It will also scold you if you smoke or drink too much. (deathtimer.com)

The DeathList:
If you're more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)

Twitter

@metropicks asked: .@MyTikker watch approximates when you'll die and counts down to the second. Would you live differently if you knew?

@Earl_of_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. "U officially wasted 2 minutes of my life. No, really, look at my watch."

@Earl_of_Halifax: I'd probably live faster

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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DVD review

I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as Women on the Verge of a Nervous Breakdown. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of Airplane! Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

Finding escape in fear

Helix. Billy Campbell, star of new Showcase series, talks about our obsession with being terrified

RICHARD CROUSE
scene@metronews.ca

"I've been reading film scripts for over 30 years," says Helix star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like The Rocketeer and Francis Ford Coppola's Dracula, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like Once and Once Again, The O.C. and The Killing.

His latest project, the sci-fi series Helix debuts on Showcase on Friday. Produced by Battlestar Galactica creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, Slow Burn Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was The Andromeda Strain, then John Carpenter's The Thing and a little bit of Walking Dead popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell

Billy Campbell stars in Helix, debuting Friday on Showcase. CONTRIBUTED

The Internet is calling for Elba, Idris Elba

DOROTHY ROBINSON
Metro World News in New York

This rumour has already been slightly refuted by the man himself but it's just so juicy I couldn't help but get on the bandwagon: The Internet is trying to make Idris Elba the next James Bond.

A fan group called We Want Idris Elba for James Bond is going so strong (and makes so much sense) that Elba is being asked in interviews if it could possibly happen.

"It's a rumour that's gotten out of control, basically — but that's all it is," Elba said on ITV's Lorraine over the weekend, thus starting a new drumbeat of support.

"There's no truth in it whatsoever."

Earlier in November, the actor, who just won a Golden Globe nomination for Mandela, seemed a bit more open to the suggestion.

"Really? James Bond? I didn't know that was still sort of in the mix," Elba told HuffPost Entertainment in an interview.

"I say it all the time, but if it was to ever happen and if I was ever to get offered that role, that would be the will of a nation. That would be like, 'Wow, human beings are really powerful. They really made that happen, because (producer Barbara Broccoli) certainly didn't.' ...

"It would be the will of a nation because everyone has been saying that to me."

The Internet makes so many, usually terrible, things happen.

Think about it: Rebecca Black, Snakes on a Plane, Mega Shark Versus Giant Octopus... the list goes on and on.

Wouldn't it be nice if something amazing and sexy — and that would be Idris Elba in a hot bow tie and martini glass — came from it as well?

Idris Elba, James Bond? GETTY IMAGES

Disick loses father just months after mom's death

Scott Disick

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey Disick, died from undisclosed causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."

Twitter

@mradamscott
I want Downton Abbey bloopers and I want them now

@msleamichele
Such a lovely holiday break with friends and family. Revived and refreshed:) Ready for this new year!

@WhitneyCummings
I feel like you know you're in love when you can't stop thinking about (killing) someone

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay's dream of model relationship with toy boy ends with a tattoo

Lindsay Lohan's pursuit of 18-year-old model Morgan O'Connor seems to have ended unsuccessfully, as O'Connor has reportedly told the troubled starlet to take a hike, according to Radar Online. "When he first started hanging around Lindsay, she was totally chasing him and everyone was telling him not to go out with her because she is white trash and would bring his career down," a source says. "But he had a good time with her and got to go to a lot of parties that he wouldn't have been able to go to before. Now he realizes that he can't hang out with Lindsay and he basically dumped her and is trying to commit to his girlfriend again." As a clear sign of that change of heart, O'Connor recently had the name of ex-girlfriend Chiara DiGiallorenzo permanently applied to his body. "Morgan has always really loved Chiara, and he tattooed her name on his arm to prove that," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Holyfield's homosexuality comments land him in trouble

Say you are reading this and you are a celebrity. Let's try an exercise: What do you do if you think of something that maybe isn't the most PC thing in the world? Do you: A. Say it out loud. B. Keep it to yourself. C. Write it in a journal which you then burn. If you answered B or C, you have a long future ahead of you in the world of celebrity. If you answered A, we need to talk.

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS

Distribution Assistant (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

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- Assisting the Regional Distribution Manager with daily tasks
- Working closely with distribution contractors
- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

REQUIREMENTS OF THE POSITION:

- Customer service is a must
- Organized, detail oriented, and computer savvy
- Familiar with the City of Saskatoon
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 10th, 2014.
PLEASE QUOTE: "Distribution Assistant (Part Time) - Saskatoon in the subject line.
All submissions will be treated as confidential.

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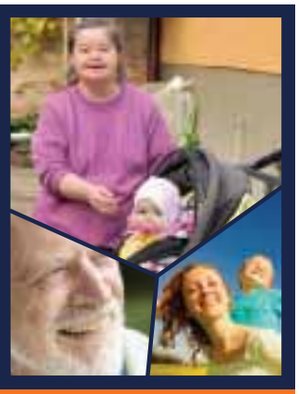

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FAQs for fighting the flu

Getting informed. Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

The H1N1 virus is predominating this year's flu season. ISTOCK

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next? There are plenty of such questions being posed these days. Here are a few, and some answers.

All the headlines these days are about influenza. Is this a dire flu season?
Not really. It's a flu season — which means you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month. There's been a fair amount of activity, but it's not terrible. And that should be it." says Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital.

Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?
H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, all influenza does have the potential to cause serious illness.

There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill old people?
What is different about H1N1 is who is vulnerable to it and who it seems to hit hard. Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot of attention in the media this year.

Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual?
Numbers don't mean much when it comes to seasonal flu and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza. If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?
Public health officials will always say, "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later. THE CANADIAN PRESS

Half off

10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to lose half of her body weight while writing about it in her online blog, Half Off.

Elisha is kick-starting the new year with a shorter term goal: 10 pounds in six weeks.

Breaking your goal into pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa.

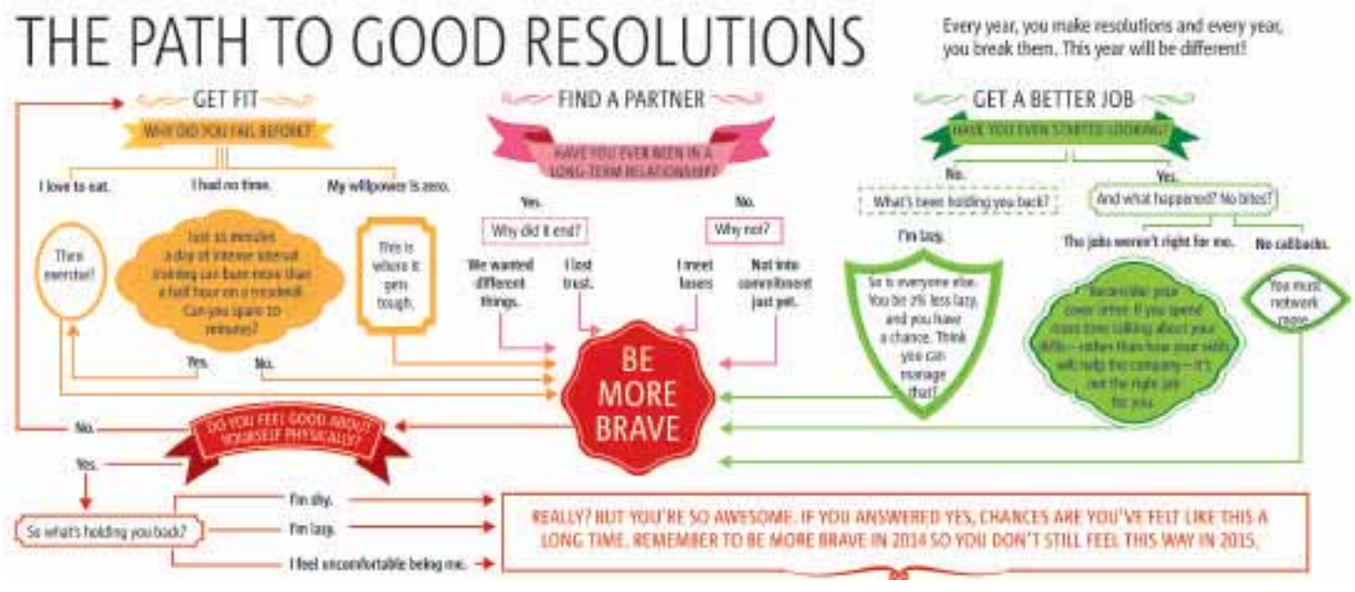
Theresa suggested that Elisha create some eating 'rules' to help her achieve the goal. Rule number one: eat in, not out. For lots of delicious ideas, try Theresa's 'Weekly Meal Solutions' on her website at myfriendinfood.com.

Exercise is also a challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," said Elisha. But she has discovered she likes to dance for exercise and often plays 'Just Dance' on the Wii for cardio.

With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

YLVA VAN BUUREN/FOR METRO

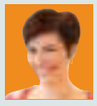

THE PATH TO GOOD RESOLUTIONS
Every year, you make resolutions and every year, you break them. This year will be different!
GET FIT
WHY DID YOU FAIL BEFORE?
I love to eat.
I had no time.
My willpower is zero.
Then exercise!
Just 10 minutes a day of intense interval training can burn more than a half hour on a treadmill. Can you spare 10 minutes?
This is where it gets tough.
Yes.
No.
FIND A PARTNER
HAVE YOU EVER BEEN IN A LONG-TERM RELATIONSHIP?
Yes.
No.
Why did it end?
Why not?
We wanted different things.
I lost trust.
I meet losers
Not into commitment just yet.
GET A BETTER JOB
HAVE YOU EVEN STARTED LOOKING?
No.
Yes.
What's been holding you back?
And what happened? No bites?
I'm lazy.
The jobs weren't right for me.
No callbacks.
So is everyone else. You bet 2% less lazy, and you have a chance. Think you can manage that?
You must network more.
BE MORE BRAVE
DO YOU FEEL GOOD ABOUT YOURSELF PHYSICALLY?
No.
Yes.
So what's holding you back?
I'm shy.
I'm lazy.
I feel uncomfortable being me.
REALLY? BUT YOU'RE SO AWESOME. IF YOU ANSWERED YES, CHANCES ARE YOU'VE FELT LIKE THIS A LONG TIME. REMEMBER TO BE MORE BRAVE IN 2014 SO YOU DON'T STILL FEEL THIS WAY IN 2015.

LIFE 3

Give Slow Cooker Meatballs some new life with nutrition-rich seeds

Health Solutions

Chi-chi-chi-chia seeds pack punch



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:

• Chia is an excellent binder when making meatloaves or meatballs because it holds water better than breadcrumbs.

• Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.

• Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

There are many ways to use chia seeds, such as grinding them in a salad dressings. ISTOCK

This recipe serves six. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirred in a blender
- 1 egg, beaten
- 1 tbsp whole or ground chia seeds
- 1 tbsp Italian seasoning
- 1 jar tomato sauce

1. Place ground beef, oats, egg, chia and seasoning in a bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

3. Microwave tomato sauce with the lid off to speed up cooking.

4. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or on low for 8-10.

5. Serve with buns for Meatball Sandwiches or over pasta with salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Pork Bolognese gets five-spice treatment

This Bolognese is mostly effortless. You can make it even more so by using the food processor to chop your vegetables. Just toss them all in at once, then pulse until finely chopped. As for the meat, pork is delicious, but feel free to substitute beef, veal or turkey.

Ingredients

- 12 oz pasta
- 1 lb lean ground pork
- 1 large yellow onion, diced
- 1 celery stalk, finely chopped
- 1 carrot, peeled and finely chopped
- 3 cloves garlic, minced
- 1 tbsp five-spice powder
- 28-oz can crushed tomatoes
- 1/2 cup grated Parmesan cheese
- Salt and ground black pepper
- Chopped fresh basil

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside.

2. Meanwhile, heat a large sauté pan over medium-high. Add the pork and sauté for 2 minutes, or until fat begins to render from the meat.

3. Add the onion, celery, carrot and garlic. Sauté until the carrots are tender, about 5 minutes. Stir in the five-spice powder and tomatoes. Bring to a simmer. Stir in the Parmesan, then season with salt and pepper. Stir in bit of basil.

4. Add the pasta, tossing to coat well. Serve topped with additional basil.

THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

FROM CLASSROOMS TO CAREERS

CO-OP PROGRAM ENHANCES SKILLS AND LEARNING

Students in the University of Regina's co-operative education (co-op) program earned $9.7 million in wages in 2013. But it's not just the promise of a paycheque that draws students to the program.

"Being able to practise and experience what you're taught in class and getting paid is the perfect balance," says Esther Edoho, a University of Regina student in the faculty of business administration. "Another perk is that you get to work with professionals in your field of study — they have offered me advice on how to progress with my future career and what I will need to know to stand out when it comes time for interviews," she adds.

Sydney Gossard is in her final year of studies with the faculty of arts (English) and Centre for Continuing Education (public relations certificate) at the University of Regina. She agrees that the co-op program provides relevant experience.

"My academic experience hasn't been trumped by my co-op experience, but rather, enhanced; the skills and values I could have only gained from the classroom are put to use in my work placements, and then further adapted into specific tasks and projects," says Gossard.

Since its inception in 1969, the university's co-op program has had a record of 835 career-related placements in 2013 — a 45 per cent growth in the last seven years. With more than 50 programs to choose from, students from the faculties of arts, business administration, engineering and applied science and science are benefitting from an average of 12-16 months of supervised work experience by the time of graduation.

"I have been able to use skills specifically related to my degree — my writing skills, my communication skills, my creativity," says Gossard, who is certain this experience will aid her in the future.

In addition to the co-op program both students have taken advantage of the other services offered at the University of Regina's Career Centre, which offers workshops on resume writing and interviewing, long-term career goal setting, and career and volunteer fairs.

For both students, the university's career centre has bridged the gap from classroom to career.

COLOURBOX

Realize. Co-op jobs lead to careers.
University of Regina
Students Esther Edoho (left) and Sydney Gossard are just two of the University of Regina's Co-operative (Co-op) Education students who earned a combined total of $9.7 million this year.
The University of Regina was the first post-secondary institution in Western Canada to establish a Co-op program in 1969. Today, we are still setting the standard in experiential and career-centred learning with a record 835 career-related placements in 2013.
CAREER START
To learn more about our Co-op program, visit:
www.uregina.ca/careercentre/coop.

Tavares nets hat trick, Islanders thump Stars

Cal Clutterbuck, right, of the Islanders lays into the Stars' Valeri Nichushkin with a bodycheck on Monday night in Uniondale, N.Y. John Tavares scored three goals and added two assists in a 7-3 win for the Islanders, who have won four of their last five games. Tavares, who is considered a lock to make Team Canada for the Sochi Winter Games, ran his goal total up to 20 in the season. BRUCE BENNETT/GETTY IMAGES

Depth of field paints blurry team picture

Hockey. Canadian roster will come into focus when it is announced on Tuesday

Sidney Crosby, Jonathan Toews and John Tavares are safe.

That Team Canada has only a few more forwards who are locks to go to the Sochi Olympics next month speaks to the embarrassment of riches and the bevy of questions facing Steve Yzerman and his management staff.

The 25-man roster that will be revealed Tuesday at 11 a.m. in Toronto will show what Yzerman learned from winning gold in Vancouver four years ago, and how he's adapting to a different situation this time around.

"We're playing good teams; you need good goaltending," Yzerman said back in August at Olympic orientation camp. "You need good defence. You need balance. All of these teams are relatively balanced. Any area of weakness can be an issue."

One area that isn't a weakness for Canada is down the middle. Beyond Crosby, Toews and Tavares, there's Ryan Getzlaf of the Anaheim Ducks and Patrice Bergeron of the Boston Bruins.

If Steven Stamkos of the Tampa Bay Lightning can return after breaking his right tibia, he's expected to move to the wing, possibly alongside Crosby. Other centres, like Matt Duchene of the Colorado Avalanche, Logan Couture of the San Jose Sharks, Eric Staal of the Carolina Hurricanes and Claude Giroux of the Philadelphia Flyers would likely have to do the same.

"I know some guys are going to have to play different positions, but you do it for the better of the team," Lightning winger Martin St. Louis said at orientation camp. "For the better of the country."

But is it better for Canada to have so many centres playing out of position? If Yzerman and Co. have decided more natural wingers must be in the mix, that's good news for St. Louis, Rick Nash of the New York Rangers, Patrick Sharp of the Chicago Blackhawks, Jamie Benn of the Dallas Stars and perhaps even Patrick Marleau of the Sharks.

Benn and Marleau weren't at camp in Calgary over the summer, but Yzerman said then and during the season that that wouldn't necessarily rule players out when it comes to Sochi.

One player who did earn a camp invite was Pittsburgh Penguins winger Chris Kunitz, whose natural chemistry with Crosby could be an asset in a short tournament like the Olympics. Bringing along linemates wasn't a perfect recipe in 2010 when Canada took Marleau, Joe Thornton and Dany Heatley to Vancouver, but Detroit Red Wings GM Ken Holland said it could still be factored in if two players were tied for a roster spot.

THE CANADIAN PRESS

Projected Team Canada roster

FORWARDS
Matt Duchene, Sidney Crosby, Steven Stamkos*, Patrick Sharp, Jonathan Toews, Rick Nash, Logan Couture, John Tavares, Claude Giroux, Jamie Benn, Ryan Getzlaf, Corey Perry, Patrice Bergeron, Martin St. Louis.
***Injury replacement:** Jeff Carter

DEFENCEMEN
Duncan Keith, Shea Weber, Jay Bouwmeester, Alex Pietrangelo, Marc-Edouard Vlasic, Drew Doughty, Dan Boyle, P.K. Subban.

GOALTENDERS
Carey Price, Roberto Luongo, Mike Smith.
Potential injury replacement: Corey Crawford

Calgary

McPherson back in CFL with Stamps: Source

Adrian McPherson is returning to the CFL.

The veteran quarterback has signed with the Calgary Stampeders, according to a source. McPherson, 30, spent five seasons with the Montreal Alouettes (2008-12), earning Grey Cup rings in '09 and '10 with the club before being released to pursue other offers.

Instead of landing another CFL job, the six-foot-three, 220-pound native of Bradenton, Fla., spent last season with the Tampa Bay Storm of the Arena Football League. McPherson appeared in 13 games, completing 238 of 385 passes (61.8 per cent) for 3,151 yards and 59 touchdowns with five interceptions.

In Montreal, McPherson served mostly as the backup behind Anthony Calvillo. THE CANADIAN PRESS

Montreal

Als sign trio of Canadian players

The Montreal Alouettes signed defensive end Ameet Pall and offensive linemen Ryan White and Jake Piotrowski on Monday.

Pall and Piotrowski signed for two years while White's deal was for three seasons. THE CANADIAN PRESS

Toronto

Argos sign Durie to an extension

The Toronto Argonauts signed slotback Andre Durie to a contract extension Monday.

The Argos announced Durie is under contract through the 2016 season.

Andre Durie
HANDOUT

Durie, who'll reportedly earn around $140,000 annually under the terms of his new deal, enjoyed a standout 2013 campaign. The five-foot-10, 199-pound Durie led the CFL with a career-high 92 catches for 986 yards (also a career best) and three touchdowns. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Try to avoid confrontation today because you will come out second best. If possible, go and be by yourself for a while. You'll return physically and mentally refreshed, and with lots of great new ideas.

♉ Taurus
April 21 - May 21
You seem to think the worst is going to happen. You should know by now that is exactly the sort of thought pattern that encourages bad things to happen. Be positive.

♊ Gemini
May 22 - June 21
If you make an effort today, it will pay off. The only problem is you are not in the mood to do anything strenuous. That's OK but don't blame others for your lack of progress.

♋ Cancer
June 22 - July 23
You may not enjoy what happens today, not least because you have no control over events. But if you accept it and refuse to be upset, it won't be so bad. You can always control the way you react.

♌ Leo
July 24 - Aug. 23
Everything must be in its proper place and if it isn't, someone is going to get the blame, and it won't be you. You may be easy-going most of the time but sometimes you are like your next-door-neighbour sign Virgo — obsessed by details.

♍ Virgo
Aug. 24 - Sept. 23
Keep things simple today because the more complicated you allow your activities to get, the more likely it is you will get confused and make a mistake.

♎ Libra
Sept. 24 - Oct. 23
It will pay you to be secretive, especially if you're working on a plan requiring the element of surprise to succeed. If people start sniffing around, tell them anything but the truth.

♏ Scorpio
Oct. 24 - Nov. 22
Stop worrying that you are not doing enough or that your rivals are winning. The planets indicate that success will be yours once you learn to relax and not take life so seriously.

♐ Sagittarius
Nov. 23 - Dec. 21
You can make a little go a long way today, emotionally as well as financially. The trick is to not give too much away, and keep others guessing what you intend to do with it.

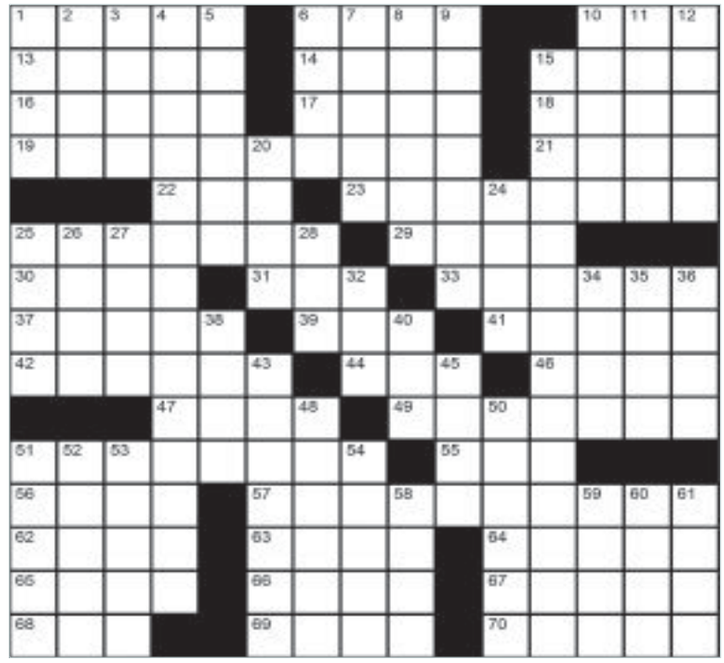
♑ Capricorn
Dec. 22 - Jan. 20
Wield the axe and cut back on the things in your life that are not important. That applies especially to your career where, it seems, you have taken on too much responsibility too soon.

♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may seem boring but if you do it well, you will come to the attention of powerful people and, in the long-term, the rewards will be worth the effort many times over.

♓ Pisces
Feb. 20 - March 20
There is a lot going on behind the scenes at the moment, so don't make too many plans because they are sure to change. If someone asks you to take on more work turn them down. It's the last thing you need right now. SALLY BROMPTON

Crossword: Canada Across and Down

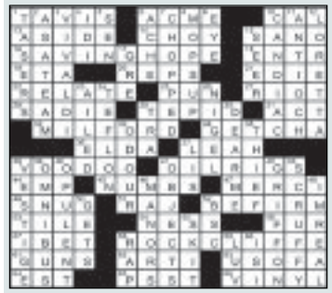
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. "The Lion King" (1994) character
6. Sporty Steffi's surname
10. Straw __
13. Anne Murray's "You Needed Me" bit: "I cried _ __..."
14. Prefix meaning 'Rock'
15. Merchandise
16. Corporate shuffle, in brief
17. Celebes buffalo
18. Shangri-la
19. Loggins & Messina tune covered by Anne Murray: 2 wds.
21. 'A' in AD
22. Rock supergr.
23. Sabre with a curved blade
25. Fractures-checking hosp. spot: 2 wds.
29. PayPal co-founder Mr. Musk
30. Hr. parts
31. __-and-tuck
33. Catch
37. Sherbrooke 'student'
39. Avril's Sk8er's gender
41. Saskatchewan town south of Regina
42. "Four Weddings and a Funeral" (1994) director, Mike __
44. Married woman's title
46. Wet __ (Moisture wipes)
47. Money in Oman
49. "Family Ties" clan, The __
51. Private
55. Uniquely-spelled mountain basin
56. __, California (The Bionic Woman's hometown)
57. Ottawa: 7 Rideau Gate... Canada's __ __ for heads of state
62. Carson's successor
63. French for 'the water'
64. Mosaic component
65. Legendary celebrity
66. Gaelic
67. Broadcast again
68. Bus or train, e.g.
69. River of Flanders
70. Paul of "Bewitched"

Down
1. Baby Atlantic Herring, for short
2. Virginia willow
3. Joni Mitchell's "You Turn __ __, I'm a Radio"
4. Mordecai Richler book-turned-movie starring Paul Giamatti: 2 wds.
5. Edmonton neighbourhood
6. 4.0, et al.
7. HGTV Canada jobs
8. Now!: 2 wds.
9. Parcel word
10. "Hmmm... I __ thought of that."
11. Hockey game place
12. Type of opera singer
15. Bit of #19-Across: "And even though __ __ __ __ I'm so in love with you honey..."
20. Bridge
24. Single-meaning prefix
25. Wolverine's mutant buddies
26. Vex
27. All over again
28. __ necklace
32. Cheerleading prop, when doubled
34. Gambling town
35. Prayer sign-off
36. Scholastically succeed
38. Film director Mr. Petri
40. Gall
43. British Columbia city
45. Faith faction
48. Matt of "Today", and surnamesakes
50. Twirling
51. Ancient Greek city-state
52. Remove the movie video
53. Didn't stop, like a sentence: 2 wds.
54. Charter
58. Plaintiff
59. __ Bator, Mongolia
60. Expressed
61. Bronte heroine surname

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		8	6		3	7		
9		6				3	2	
				2	5			
				3	9	4		1
4								2
1		7	8	6				
			7	9				
	7	9				8		4
		2	1		6	5		

Yesterday's Sudoku

8	9	1	5	4	6	3	2	7
2	6	3	7	8	9	5	4	1
5	4	7	1	3	2	9	8	6
9	1	2	4	5	7	8	6	3
3	7	6	9	1	8	2	5	4
4	8	5	6	2	3	7	1	9
7	2	9	8	6	1	4	3	5
1	3	4	2	9	5	6	7	8
6	5	8	3	7	4	1	9	2

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